



FIJIAN CULTURE

The Namale staff and local Fijian villages share their culture with our guests through evening cultural entertainment.

Popular Words & Phrases (English to Fijian)

- Hello: *Bula* (“Boo-lah”)
- Good morning: *Ni sa yadra* (“Nee sa yan-dra”)
- Yes: *Io* (“Ee-oh”)
- No: *Sega* (“Sen-ga”)
- Thank you / good: *Vinaka* (“Vee-na-ka”)
- Thank you very much: *Vinaka vaka levu* (“Vee-na-ka vah-ka lay-voovoo”)
- Please: *Kerekere* (“kerry-kerry”)
- House: *Bure* (“boo-ray”)
- Dance: *Meke* (“mek-ay”)
- See you later: *Sota Tale* (“so-tah tah-lay”)
- Goodbye: *Ni sa moce* (“Nee sa mo-thay”)

Kava (“kah-vah”)

Kava is the national drink of Fiji, and the kava drinking ceremony is a quintessential Fijian experience. Kava is made when the crushed root of the *Yaqona* plant (a relative of the pepper plant) is strained with water into a large communal kava bowl (a *tanoa*). A mild sedative, Kava is relaxing and sometimes numbs the lips and mouth. Kava ceremonies are communal in nature and are often organized to welcome visitors, to mark important occasions or to celebrate friendship. A way to bring locals and travelers together, Kava is a symbol of respect, warmth, and hospitality. Served in a half coconut shell (*bilo* in Fijian), try a high tide (full cup) or low tide (half cup) – but be sure to clap once and say *bula!* before you drink, and clap three times after.

Meke (“mek-ay”)

Meke is a breathtaking performance of traditional song and dance which tells the history, love stories and legends of Fiji. Experience the spirit of the islands while watching the *mantara* (dancers) in full traditional dress perform rhythmic movements set to percussive drumming and clapping. Watch traditional Fijian warriors perform an exciting spear dance, followed by a graceful fan dance performed by the women of the village. Villagers of all ages, from babies to elders, take part in *Meke*, which ends with an invitation to guests to join the group for a *taralala* – a simple group dance full of energy and community.

Choir

Every Sunday evening at Namale, the local church choir comes to serenade guests with beautiful songs. Namale guests are also invited to join the community for Sunday service at the local church and experience the energy and impact of faith in Fiji. A humble and beautiful building tucked amongst the village and the rainforest, you'll have the opportunity to meet and mingle with the choir group and hear about their local church. Namale's activities staff will guide you and arrange transportation.